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UNIVERSITY OF IDAHO
COLLEGE OF AGRICULTURE
Extension Division

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Fifth Year Clothing Project

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COOPERATIVE EXTENSION SERVICE IN AGRICULTURE AND HOME ECONOMICS
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OF AGRICULTURE, AND UNITED STATES DEPARTMENT
OF AGRICULTURE COOPERATING

BOYS' AND GIRLS' CLUBS

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Requirements

I. A complete costume.

1. Make *one* of the following:
   a. Wash dress or suit for school or sport
   b. Wool dress, suit or ensemble for school, sport or street wear
   c. Best dress or ensemble
   d. Informal party dress
2. Make a slip to be worn with the dress
3. Select other underwear needed, shoes, hose, and other accessories necessary to complete the costume

II. Make *one* of the following:

1. Silk blouse
2. Wool skirt
3. Remodeled silk or wool garment
4. House Coat

III. Keep a record of your work and submit a final report.

IV. Exhibit:

1. The complete costume, accompanied by:
   a. Statement of purpose of costume
   b. Itemized statement of cost
   c. Picture of girl wearing the costume
   d. Statement of girl's age, type, height, weight, complexion, and color of hair and eyes
   Note: Use light cream chart 11″x16″ on which to mount picture and typed sheet of information
2. Other articles made
3. Final report

Fifth Year Clothing Project

By

VIVIAN MINYARD*

Problem I

A Complete Costume

I. Planning

a. **Type of Dress**

The type of dress you make should depend entirely on your needs. Before starting the problem, you should plan carefully. Consider the needs you will have for the new dress. You may choose a wash dress or suit for school or sport, a wool dress or suit for school, sport, or street wear, a best dress or an informal party dress.

The wash dress or suit for school or sport should be a simple style, made of durable materials and easy to launder. It can be used for many occasions.

The wool dress or suit for school, street, or sport should be rather tailored. This should be one of those dresses that is always ready to put on. If you wish, you may make a tailored suit for this problem. A plain skirt and plaid jacket, or the reverse, might also be made.

The best dress is one that is suitable for street, church, and afternoon wear. It is simply made, well-tailored, and not to conspicuous in color. It is a very useful kind of dress to have because it is appropriate for so many different occasions.

The informal party dress is lighter and gayer. This should have a long skirt, may or may not have sleeves, etc.

Study fashions before you make your decision as to what type dress you will want to make. It would be interesting to make a dress that is completely different from the one you made in either of the other projects.

b. **Design**

The design chosen will depend upon the type of dress and the person who is to wear it. Think of the dresses you have had in which you felt at home. Can you tell why you like these particular ones best?

Because we vary in character and disposition, we do not all like the same kind of clothes. The active, athletic girl prefers sports clothes and is likely to choose trim, tailored lines even in her party

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costume, leaving ruffles and frills for her dainty, feminine friends. The serious, dignified girl looks well in simple, well-cut, distinctive clothes, while the quiet, demure type may select quaint styles and soft colors. Not all girls can be classified exactly as to type, but differences in personality should be considered when choosing styles.

The size of the figure must be considered. Each dress has certain construction and trimming lines. Study these lines and see how they may be used to make the figure appear broader or more slender, taller or shorter. Study the lines of your own figure; then choose a design that will help you to look your best.

If you are tall and thin, you may wish to wear lines that lead the eye across the figure and so break the height. You can use belts, broad collars, yoke lines, and plaid materials.

If tall and large, you should wear simple, straight lines and no outstanding colors or conspicuous patterns.

If short and stout, choose lengthwise lines that carry the eye up and down; avoid crosswise lines.

The girl of average figure and the short, slender girl will have little difficulty in finding suitable designs.

c. Material

For the wash dress or suit, cotton prints or plain materials, spun rayon, linen, pique, broadcloth, etc., may be used. Trimmings should be as durable as the dress material. Tailored styles require little trimming.

For the wool dress or suit, a good quality woolen material should be used. If a dress is made, sheer woolens or heavier materials can be used. For the suit use good, firm quality material.

Buttons, wool yarn, stitching or silk scarfs may be used for trimming wool dresses.

Rayon, silk, or wool may be used for the best dress.

Dimity, dotted swiss, gingham, net, rayon taffeta, or silk crepe are all suitable materials for the informal party dress.

Occasion, design, and wearer must be kept in mind when selecting your material. For example, if the best dress is to have a pleated skirt, a material which will take and hold pleats well must be used while those styles with shirring and soft, full ruffles and flares require a soft material.

Study print materials and ask yourself if the figures are "spotty." The large girl should be especially careful to avoid "spotty" materials as they tend to emphasize her size.

Large figures, plaids, or stripes require careful matching, so consider them carefully before you decide to use them.

Loosely woven materials are very difficult to work with.

Plain materials differ in texture or surface finish. This makes a difference as far as suitability to the wearer and the occasion is concerned. For example, satin suggests a more formal occasion than rough crepe. Dull-finish materials tend to make one look smaller.

If figured materials are used, the dress should be made on very simple lines because the material itself is interesting. Seam lines show very little.

d. **Color**

The color or colors chosen for your outfit should harmonize with each other and with the clothes and accessories you already have on hand. An article of clothing, no matter how lovely and becoming, is in poor taste if it does not fit in with the rest of your clothing.

If you have not already done so, this is a good time to begin to work toward one foundation color for all of your clothing. Such a plan makes for color harmony, and is economical as well, for the same hat, shoes, and hose can then be worn harmoniously with any dress you have. Brown or blues are good foundation colors. A variety of color combinations could be worked out with either one as a basis.

Colors must be suited to the type of dress. Gayer, lighter, brighter tones may be used for the informal party dress; and deep, rich colors or touches of bright color will give interest to the more conservative outfit.

Colors must be becoming to the person who is to wear them. Select those that will bring out the best coloring in your hair and eyes and make your complexion seem clear. Try various colors whenever you have an opportunity, holding them next to the face to see what effect they have on your coloring.

Bright colors and outstanding designs make one look larger and are very conspicuous. Soft colors, or subdued tones with small touches of vivid coloring, are usually in better taste.

e. **Underwear**

Underwear, whether bought ready-made or made at home, should be suitable for the dress with which it is to be worn.

Your problem is to make a slip and select the other articles of underwear, such as shorts, girdle, and bandeau, if needed.

The slip should be tailored for wearing with the wash school outfit and wool dress or suit. It may be dressy if it is to be worn with the best dress or informal party dress.

Pongee, wash silk, rayon crepe, and rayon materials of good quality are all suitable for the slip.

Since dresses are well-fitted, underwear should also fit smoothly. A close-fitting slip may be made from a princess pattern or cut on the bias.

f. **Accessories**

Choose whatever accessories are necessary to make your costume complete. This may include such items as hat, shoes, hose, bag, gloves, scarf, handkerchief, and jewelry. The number and kind needed will vary with the kind of outfit you have chosen to assemble.

When planning your accessories, think of the costume as a whole. Accessories must harmonize with the dress in color, design, texture of material, and idea or purpose. For example, a dressy hat is out of place with a tailored dress. Accessories must add interest and variety to your costume, but not be so conspicuous as to detract attention from the dress itself.

Remember it is better to have contrast between accessories and dress than it is to try to match them perfectly and fail. All accessories should not be in contrast but two may be used very satisfactorily. Usually it is better to have the shoes in the main background color as you expect to use them with other dresses.

II. Making

a. **Dress**

Before starting work, be sure that you have studied all the suggestions given above and have made the best possible selections of material and style.

Choose a commercial pattern of correct size. Study pattern envelope, pattern, and direction sheet. You should know and *use* the markings which tell how much is allowed for seams and hems, how the pattern should be placed on the material, how the parts should be joined, where trimming should be placed, and so on. Some patterns have helpful directions or illustrations showing construction processes.

Test the pattern for size by pinning it together and holding it up to the figure. Notice the length, position of waist line, width through bust and hips, width and length of sleeve. Alter the pattern if necessary. (*See Second Clothing Bulletin.*)

Press the material and straighten the edges if necessary. Lay the pattern on the material, following the cutting chart given with the pattern, and plan all parts before starting to cut. Notice particularly the marks indicating the straight thread of the material, in order that each piece may be cut on the correct grain of the material.

Put pins in perpendicular to the edge of the pattern.

Cut around the outside edge of the pattern with long, even strokes. Never cut notches *in*. Cut them *out* from the edge of the pattern, or mark them with tailor's chalk or a colored basting.

Make any necessary piecings, as on the side of flare skirts. Make selvedge seam, clip through heavy edge every two or three inches to prevent seam from drawing, and press seam flat.

Baste dress together on seam lines and try on.

Mark any necessary fitting or trimming lines with tailor's tacks.

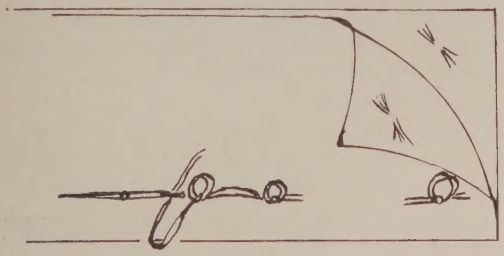


Figure 1.—Tailor's tacks.

The well-fitted dress:

1. Is the correct size, neither too large nor too small.
2. Hangs evenly, and does not swing out in front. A dart at the underarm will help to correct this fault.
3. Has no wrinkles or folds.
4. Fits comfortably when one is sitting.
5. Fits easily over the bust and across the shoulders.
6. Has underarm seams and center front and back lines perpendicular to the floor.
7. Has armhole line correctly placed, not dropping over point of shoulder.
8. Sleeve hangs straight, with the lengthwise thread from the highest point of the sleeve to the elbow, and the crosswise thread straight around the sleeve at the level of the armpit.
9. Sleeve is correct length and width. If long, has enough fullness at the elbow.
10. Neckline is cut correctly; not stretched.

Make any changes that may be necessary in order to have dress fit correctly.

Adjust sewing machine to correct tension and length of stitch before starting sewing.

Seams will be chosen according to material and type of dress. They may be plain with edges overcast; plain with stitched edges (each edge turned back and stitched against itself); plain

with pinked edges; narrow french seams on light-weight materials. Binding with bias of the dress material or a light-weight bias tape is usually the best finish for the armhole seam.

Never put a sleeve in with a French seam.

Press each seam or finish *as it is completed.* Silk materials should be pressed on the wrong side, and care should be taken that the iron is not too hot. If using acetate rayon, be very careful not to have the iron too hot.

The sleeve must be put in very carefully. Match corresponding notches on sleeve and dress, and pin in place, placing pins perpendicular to seam line. Holding the sleeve toward you, continue pinning it in place around the armhole, easing in any extra fullness over the top half of the sleeve.

The plain sleeve should fit smoothly, but is made a little larger than the armhole in order to give more ease through the upper part of the arm. A plain sleeve must never look *gathered.*

Baste the sleeve in place, still holding your work so that the sleeve is toward you.

Try on the sleeve to see if it fits correctly before stitching in place.

Take care not to stretch the neck line while trying on the dress, or while putting on the neck finish or collar. When the neck line is trimmed out as you wish it, it is well to put a line of stitching around the edge to hold it in shape.

The hem should be put in by hand. Have someone measure up from the floor the length you wish, and put a line of pins around your dress. Using a cardboard gauge, trim off the dress an even width from this line, allowing for your hem width. Make a first turn ¼ inch wide on the edge, baste, and stitch. Now fold the hem in place, pin, baste, and finish with hand hemming stitches.

The finishes used will vary with the material and style of the dress. If bindings are used, the single binding hand hemmed to the wrong side or stitched in the groove on the right side, or the French (double) binding, will be found suitable. If a belt is to be tacked in place, French tacks should be used. Snaps or hooks and eyes should be sewed on neatly.

When the dress is completed, it should be given a final pressing.

b. **Slip**

Follow the general rules given above for placing your pattern and cutting after the pattern has been checked carefully and altered.

Seams used for the slip may vary according to the style. A princess slip may have narrow French seams or flat fell seams. A slip cut on the bias requires a secure seam which may be made by stitching

a plain seam, pressing both edges one way, and then stitching near the seam line on the right side. This gives a smooth seam line which is free from bulkiness. Shirt tail hems may be stitched by machine with two rows of stitching about ¼ inch apart. A wider hem is neater put in by hand. Have the hemline measured after the dress is completed so they will be the correct length together.

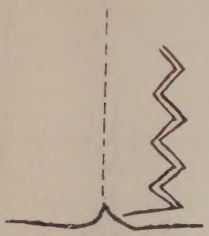
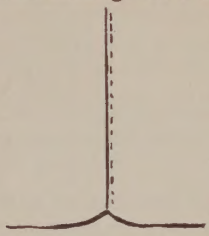


Fig 2.—Plain seam with both edges pressed back together.



Machine stitching on right side.

Problem II

Silk Blouse or **Wool Skirt** or **Remodeled Garment** or **House Coat**

Choose one of these garments for your project. Keep in mind your needs, and select the one for which you will have a greater need.

I. Silk Blouse

A blouse would be a good choice for your second problem if you have need for one to wear with a suit, separate skirt, or jumper dress. The design may be tailored or dressy, but must be suited to its use, and to the person who is to wear it.

The material should be of good quality. Pongee, wash silk, shantung, or rayon may be used.

Choose a suitable pattern of correct size. Follow the usual rules for testing of pattern, placing of pattern, and cutting of garment.

Baste blouse together, try on, and alter if necessary.

Press each seam and finish as made.

Finishes will be chosen according to type of blouse. A tailored blouse should have stitched fell seams, and may use a good deal of stitching as trimming. A dressier blouse may have narrow French seams (except for armhole which always has plain or fell seam), and softer finishes.

II. Wool Skirt

Serge, suitings, and light-weight tweeds are excellent materials for the tailored wool skirt.

Wool materials spot easily and shrink unevenly if they are not sponged and pressed before they are made up. If the material you

buy has not already been sponged, you can do this yourself. Roll the material up in a wet sheet and leave it overnight so that it is dampened evenly all the way through. Then press it carefully on the wrong side, taking care not to have the iron too hot, and keeping a thin, dry cloth between the iron and material.

Choose a simple pattern suited to your material.

Test pattern, and cut out the skirt, following general directions given in Problem I.

Baste pleats or other finishes in place; baste seams and try on for fitting. Make necessary changes.

Use plain seams, pressed flat. The edge finish for the seams depends upon the material. A material which does not fray can be pinked (notched); others should be overcast or bound. Stitch with sewing silk a shade darker than your material. Adjust the stitch and tension of the machine.

Press each seam and finish as it is made. Place a heavy, damp cloth over the wool when pressing it, and stop before the wool is entirely dry. This prevents the shiny, "ironed" look which results from over-pressing.

If the skirt is made with a yoke, that part may be lined with sateen or other material lighter in weight than wool.

Before putting in the hem, have an even line from the floor marked carefully.

As wool material is usually rather heavy, the hem finish is different from those used in other materials.

Binding may be stitched flat on the raw edge, and the binding hemmed or catch-stitched to the skirt. If the material does not fray, the raw edge of the hem may be catch-stitched down to the skirt. If the material is very fine, the first turn of the hem may be stitched under, and then this folded edge catch-stitched to the dress.

III. Remodeled Garment

If you choose this problem, a garment of wool or silk will be made over for yourself or some other member of your family. This gives you an opportunity to use all your skill and ingenuity in making a good-looking, finished product from the used material, and should be one of your most interesting problems.

a. A made-over garment requires careful thought and planning.

b. Choose an article that is worth making over. It must have enough wear left in it to make your time and effort worth while.

c. Before beginning work, write a description of the article or articles in their original condition. You will need this for your exhibit. (See requirements.)

d. Choose a design suited to the size and shape of the cloth with which you have to work. If the material has to be pieced, try to choose a style that will conceal the piecing.

e. Rip garment apart and launder or clean it. Mend any worn places that must be used.

f. If you find it necessary to have some new material, do not buy too expensive a piece, as it will outwear the old and is likely to make it look shabby.

g. Two different garments or pieces of material can often be combined to make one new garment. Many attractive designs suitable for combinations of silk and wool may be found in the styles of today.

h. You should use even more careful cutting, stitching, and pressing on old material than on new. Do not let down on the quality of your work just because this is a made-over.

IV. House Coat

A house coat is a very desirable garment to have in the wardrobe. It may be made of any kind of material you wish to use, although those made of washable fabrics are more serviceable and are just as attractive. Floral patterns and stripes lend themselves well to this type garment.

Prints, plain cottons, piques, broadcloths, rayons, and lightweight woolen fabrics are all suitable.

Trimmings are usually not needed as either a zipper or buttons and buttonholes down the center front give the finishing touch.

Use the same care in checking and altering the pattern, cutting, and making as you did with your dress. Press as you sew.

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